## <u> Montana State Legislature</u>

## 2011Session

Exhibit 12

This exhibit is a booklet which can not be scanned, therefore only the front cover/table of content and 10 pages have been scanned to aid in your research.

The original exhibits are on file at the Montana Historical Society and may be viewed there.

Montana Historical Society Archives 225 N. Roberts Helena MT 59620-1201

2011 Legislative Scanner Susie Hamilton

EXHIBIT 12.

DATE 1/21/2011

HB

# PARK COUNTY MENTAL HEALTH

Resource and Information Guide



## Where to Get Help • How to Get Help

Brought to You by the Park County Local Advisory Council



Suicide Prevention	800-273-TALK
Domestic Abuse	406-222-8154
Help Center	(406) 586-3333
Warm Line	877-688-3377
Emergency	911

Anyone Can Have a Crisis. It Does Not Mean that there Is Something Wrong with You.

Do Not be Ashamed to Ask for Help.

You Do Not Need to Go Through

It Alone. Please Call Someone.

It is Important.

## PARK COUNTY Mental Health

## Resource and InformationGuide

### **■** Table of Contents

Emergency Phone Numbersii	ns front cover
Table of Contents	1
Quick Reference Telephone List of Mental Health Resources	2
Detailed Informational List of Mental Health and Related Resources in Park Cour	ntv 3
The Joy of Recovery	10
Together We Can Overcome the Stigma of Mental Illness and Mental Health	12
Dialectical Behavioral Therapy (Also Known As DBT)	14
Peer Solutions Drop In Center	16
Park County Cares—Therapeutic Foster Care, Yellowstone Boys & Girls Ranch	18
Manaia Youth Program	20
Youth Dynamics	22
The Use of Animals in Recovery	24
What Is the Park County LAC and What are SAA's?	26
Crisis Intervention—What to Expect if You or a Loved One Is Committed	28
Smart Recovery	20
Personal Mental Health and Addiction Recovery Stories by Park County Resident	s30

### A Quick-Reference Contact List of Park County Mental Health Resources

	EMERGENCY SERVICES	ADULT COUNSELING
	The Help Center	The Mental Health Center
	Suicide Prevention 1-800-273-TALK	David Powell, LCSW, LAC, MHP . 406-222-2211, 223-0886
	The Montana Warm Line	Liz Muhz Stone Counseling406-220-0899
	Hope House (Crisis Residential) 406-586-3333	Chantal Braham, LCSW
		Christine Hillegass, PsyD406-220-0150
	DOMESTIC ABUSE	Leah Thornson, MD406-220-0654
	Tri-County Network Against	Linda Reinhardt, LCSW406-223-7097
	Domestic & Sexual Violence 406-222-5902	Rachel Jegenson, PSyD
	24-Hour Crisis Line 406-222-8154	Journeys Counseling
		Hettie Jans Wortelboer, LCPC, PLLC 406-223-0206
	PEER SUPPORT	CHILDREN'S SERVICES
	Peer Solutions Drop-In Center 406-222-3332	
	Mountain House Day Treatment 406-222-3332	Public Schools:
		Park County Schools Psychologists: Doug Fry and
	ADDICTION RECOVERY	Juliana Robinson
	Park County Intergroup of Alcoholics Anonymous	Winans Guidance: Bob Burns
		East Side Guid. Bob Burns/, Lynn Sellegren 222-1773
	First Step Intervention	Sleeping Giant Middle School Lynn Sellegren and
	Southwest Chemical	Anne Gannon
	Dependency Program	Park High School Guidance Katey Franklin and
	Park Cty Tobacco Use Prevention Prog406-222-8282	Ardie Steinmetz
		Yellowstone Boys and Girls Ranch406-222-6490
	COMMUNITY CARE	Manaia Youth Program406-222-7876
	Community Health Partners 406-222-1111	Youth Dynamics
	Shields Valley Health Center406-578-2580	STATE-LEVEL RESOURCES
	Adult Protective Services406-222-9225	Board of Visitors
		Mental Health Ombudsman
	INDEPENDENT LIVING	Montana Al-Anon, Alateen 1-888-4AL-ANON
	MT Independent Living Project	NAMI Montana406-443-7871
_		

### Park County Cares

## A Detailed Listing of Resources for Mental Health and Related Services

#### **EMERGENCY SERVICES**

#### **Park County Crisis Services**

The Help Center Phone: 406-586-3333 Hours: 24hours a day, 365 days a year Services or specialty: Crisis service for age 18 and over

Each local mental health center office provides 24 hour a day telephonic crisis response for any citizen in crisis. After discussing the person's problems on the phone the mental health professional (MHP) will decide whether a face to face evaluation is needed.

Where full time dedicated MHP teams exist, emergency crisis services are available to all persons for both telephone crisis support and face to face evaluations, where clinically indicated, on a 24/7 basis. In offices without dedicated full time crisis teams, clinicians are on call to respond to emergency requests for evaluation and dispositions only for WMMHC clients.

When a person is judged not to be in an emergency situation, as defined in Montana statute, the person may be given an emergency appointment at the local center for the next day, or referred to a local hospital for voluntary psychiatric admission, or linked with other community resources as appropriate. If the individual has a primary therapist, who is not affiliated with the mental health center, that primary therapist will be contacted as

soon as practical by the MHP.

Montana Warm Line

Phone: 877-688-3377 www.montanawarmline.org Hours: M-F 4-10pm Saturday 10am-10pm Services or specialty: The warm Line provides a friendly and understanding person for those who just need someone to talk to. It enables people with a mental illness to talk to a peer about issues they are facing in their lives. The Warm Line is not a crisis line; operators of the Warm Line refer people who are considering suicide or are otherwise in crisis to appropriate services. The Warm Line is staffed by a mental health consumer who has been trained as a peer advocate or peer specialist.

For Montanans who live far away from services, there are few options for receiving support for mental illness without traveling long distances. That is, until now. Mental Health America of Montana has created

a "Virtual Drop In Center" which utilizes the telephone and internet to provide home based support service for people with mental illness.

Warm Line Blog at www.montanawarmlineblog.blogspot.com

Hope House—Crisis Residential

Office Director: Scott M. Malloy Program Mgr: Jaime Grundner Admin Asst: Bethany Fernande Ages Served:

18 Years and older

Hope House provides crisis stabilization through a twenty four hour monitoring for persons suffering from a mental health crisis, and offer a safe environment in a therapeutic setting. Individuals receive medication management through an on-site psychiatric nurse practitioner. In addition, individuals can receive individual, group, and family therapies, peer support, nursing, and case management. Hope House has eight voluntary crisis stabilization beds and three emergency detention beds. Entry into the facility is decided by the Crisis Response Therapists in conjunction with individual's treatment team. The emergency detention beds occupants are ordered to the facility by the Gallatin County Attorneys Office in conjunction with the Crisis Response Therapist. Individuals must be evaluated by a mental health professionals prior to admission. Hope House works with the Help Center to triage admissions into the facility, please call the Help Center at 586-3333 to discuss admission.

#### **DOMESTIC ABUSE**

Tri-County Network Against Domestic & Sexual Violence

Angela Nelmark, Shelter Director Office: 320 North Main St #6 Livingston, MT 59047

Phone: Office -- 406-222-5902 24 Hour Crisis Line 406-222-8154 Email: safe4life@imt.net

Hours: Office is Monday - Friday 9:00am to 4:00pm

Services or specialty:

24-Hour advocacy, emergency shelter, support, housing and employment referrals, support group, assistance with Orders of Protection and law enforcement reporting, emergency 911 phones, safety planning, transportation, and legal advocacy for victims and survivors of domestic and/or sexual violence. All of our services are free and confidential.

Tri-County Network Against Domestic & Sexual Violence (Tri-County Network) is a non-profit organization that provides free, confidential, direct crisis intervention services to victims of domestic and sexual violence in Park, Sweet Grass and Meagher Counties.

The mission of Tri-County Network Against Domestic & Sexual Violence is to provide advocacy, shelter, support, education and other direct services to victims/survivors as well as seeking to break the cycle of violence through increasing public awareness. We believe that domestic abuse and sexual violence violates human dignity and we strive to reaffirm the belief that no person should be deprived of that basic human right.

#### PEER SUPPORT

Peer Solutions Drop In Center Contact person: Jim Hajny

104 W Clark Street Phone: (406) 222-3332 Hours: Sunday - Thursday 2-6 pm Services or specialty: Support Groups at 4pm,

The Drop In Center is a recovery based program that provides free peer to peer support for adults who are in recovery from a mental illness and or an addiction. Regardless of someone's background, situation or diagnosis we come together to share our experiences and lend support through our own journey of recovery.

~~~~~~

Mountain House Day Program Contact person: Cherie Horvath 104 W Clark Street Phone: (406) 222-3332 Hours: Monday - Friday 10am-2pm Services or specialty: Adult outpatient care

Mountain House is a safe, friendly place for people recovering from mental health and co-occuring challenges to meet and enjoy a positive social environment. It offers a therapeutic mental health social network that supports mental health recovery and rehabilitation for personal growth. Mountain House encourages members to link to educational opportunities, pre-employment skills development, jobs, and housing opportunities.

#### ADDICTION RECOVERY

Park County Intergroup of Alcoholics Anonymous Phone: 406-223-6660

First Step Intervention
Robert L. Clarkson, NCACII
320 North Main Street
North Main Professional Building
Livingston, MT 59047
Phone: (406) 222-7137
Hours: By appointment only
Services or specialty:
Substance Abuse

First Step Intervention provides professional assessments and evaluations, DUI second opinions and DOT evaluations.

#### Southwest Chemical Dependency Program

Jean McCauley, Program Director 430 East Park Street Livingston, MT 59047 P.O. Box 1587 Livingston, MT 59047 (406) 222-2812 Email: swcdp@aol.com

Hours: 8:00 a.m. - 5:00 pm Monday through Friday

Services or specialty: Addiction counseling and co-occurring services are available (ASAM Levels 1, 2.1, 3.1 are available). We provide the ACT program for DUI offenders and DUI per se offenders, as well as those convicted of a possession of dangerous drug charge and misdemeanor dangerous drug charge. We provide education for Minor in Possession of alcohol referrals as well as focused community substance prevention services. We are able to screen for the presence of a potential substance related problem and complete assessments as well. The office of Southwest Chemical Dependency completes referrals levels of treatment we do not offer.

The Southwest Chemical Dependency Program is a state approved outpatient substance treatment program that has been providing services since 1977. Counselors in all service counties are certified in addictions and are experienced in providing quality care and support for clients, families and employers. Our agencies utilize a variety of treatment modalities and programs to identify problems and promote recovery.

#### Park County Tobacco Use Prevention Program

Clare Lemke, RN, Program Coordinator 315 North 8th Street, Room 1 Livingston, MT 59047 (406) 222-8282 Email:

parkcountytupp@hotmail.com Hours: Monday to Friday 9am -5pm, except when out in the community.

Services or specialty:

Provides information about nicotine addiction, smoking and smokeless tobacco, secondhand smoke, and tobacco cessation. Links people to the Montana Tobacco Quit Line (1-800-QUIT-NOW), which provides free personalized assistance to help people quit tobacco. A quit coach helps callers develop an individualized quit plan and can arrange for free or discounted cessation medications.

The Park County Tobacco Use Prevention Program collaborates with other community organizations, schools; and businesses to decrease tobacco use and protect health through education, policy development, cessation assistance, and youth advocacy projects. Together we work to achieve the following goals: 1) prevent kids from starting, 2) eliminate exposure to secondhand smoke, 3) help people quit tobacco, and 4) build community capacity to support tobacco free lifestyles and address disparities relating to tobacco use.

#### **COMMUNITY CARE**

Community Health Partners

Behavioral Health Provider: Donna Delich, LCSW, LAC Case Manager: Pam Frasier Outreach Coordinator: Amy Petrulis, MSW Address: 126 South Main Street Livingston, MT 59047 (406) 222-1111 www.chphealth.org Hours: Monday 8-5, Tuesday 8-7, Wednesday 8-5, Thursday 8-7, Friday 8-5 Services or specialty:

Community Health Partners has medical clinics in Belgrade, Bozeman and Livingston, dental clinics in Bozeman and Livingston and educational support services in Livingston. We focus on integration of all these areas, including behavioral health, with the cient at the center. CHP accepts all forms of insurance: All private insurances, Medicaid and Medicare, Healthy Montana Kids (formerly called CHIP) CHP offers sliding scale fees based on income. No one is ever turned away from our doors due to inability to pay.

Community Health Partners offers comprehensive primary medical care in an atmosphere of warmth and respect. We provide this care to all members of our community regardless of income, insurance, or ability to pay. Community Health Partners Mission is to enhance community health and well-being through: Innovative Programming, Strong Partnerships, and Improved Outcomes with a Vision of 100% Access, 0 Disparity FOR ALL.

Shields Valley Health Center Contact: Susan Scott, FNP-C 309 Elliot Street N. Wilsall, MT 59086 Phone: 406-578-2580 Email: svhc-mt@hotmail.com Hours: Mon 7am-5pm, Wed 9am - 5pm, Fri 9am - 3pm, Sat 9am - 2pm Services or specialty: Family Practice Shields Valley Health Center is a small Community-minded organization in Wilsall offering primary care/ family practice services, and serves populations from 6 months - 100+.

#### INDEPENDENT LIVING

**MT Independent Living Project** 

Contact person: Alison Cole Address: 1165 N 14th Suite 4, Bozeman MT 59715 Phone: 406-522-7300 Email: acole@milp.us Hours: M-F 8-5 Services or specialty: MILP is a nonprofit organization that assists those who have disabilities live more independently. This could mean a number of different things depending on the one's disability and independent living goals. MILP offers information and referral on different agencies, support and advocacy around employment, housing and transportation, independent living skills training, peer support and classes that increase one's ability to meet their independent living goal.

Also we offer information regarding getting on Social Security, having a personal care attendant come to your home as well as information on how working may affect your SS benefits check. Please call as we have a lot to offer.

#### ADULT COUNSELING

The Mental Health Center John Beck, Director Linda Reinehart, Therapist, Case Manager Supervisor 232 South Main Street Livingston, MT 59047 (406) 222-3332 Hours: 8-5, Monday-Wed,-Thurs, 9:30-5 Tuesday, 8-4 Friday www.TogetherWeCanMT.com Services or specialty: We are a full service mental health center that includes assisting adults with their mental health needs to include: counseling, case management, day activities program (Mountain House), drop-in-center (Peer Solutions) and two medical provider for individuals who need medications. Our licensed therapists offer cognitive behavioral therapy, interpersonal, Dialectical Behavioral Therapy (DBT) and family therapy. We also offer evidence based trauma therapies in EMDR (Eye Movement Desensitization and Reprocessing), exposure therapy, and cognitive reprocessing therapy. Additionally our therapists serve adolescents and their parents with the adolescent transition into adulthood.

David Powell, LCSW, LAC, MHP
320 N Main, Suite 1
Livingston, MT 59047
(406) 222-2211, (406) 223-0886
Hrs: By appointment
All Insurance accepted
Service or Speciality: Mood disorders including depression, bipolar, PTSD, attention deficit, anger management, addictions (alcohol, drugs, gambling)

Christine Hillegass, Psy.D.
320 N. Main Street, Suite 5
Livingston, MT 59047
(406) 220-0150
Hours: by appointment
Services or specialty:
Licensed psychologist in
private practice. Individual
psycho therapy for teens and adults
for all interpersonal
problems; also provide meditation
and mindfulness training.

Liz Muhs Stone Counseling
Liz Stone, LCPC
119-1/2 W. Park St, Ste 5
Livingston, MT 59047
(406) 220-0899
Hours: 9am-6pm (Monday through Thursday)
Services or Specialty:

Depression, Couples, Adults 20+, Anxiety, Self-Esteem, Parenting

I am a LCPC who has been in private practice for 15 years. I offer holistic psychotherapy for individuals and couple. I practice traditional and alternative modalities in a safe and confidential setting. Most insurance and Medicaid accepted. No wheelchair access. Speak Spanish depending on dialect.

Chantelle Braham, LCSW
124 South Main Street #205,
Livingston, MT 59047
(406) 224.1276
chantellebraham@gmail.com
Hours: 9-5, M-F
Services or specialty:
Children, Adolescents, Couples
Offered through my private
practice in downtown Livingston.

Leah Thornson, MD
Offices in Livingston
and Bozeman
(406) 220-0654 (land line)
Hours: by appointment
Services or specialty:
Psychotherapy for children,
teenagers and adults; couples counseling; working to reach patients
goals for personal, emotional and
physical health; all insurance accepted.

Linda Reinhart LCSW
Effective Counseling for Life
121 Calendar Street
Livingston, MT 59047
Phone: (406) 223-7097
Email: Linda@LindaReinhart.com
Website: LindaReinhart.com

Hours: Evenings and weekends
by appointment only
Services or specialty:
Private practice focus includes
working with persons ready to
work on trauma, loss, relationship
skills and mood issues. Linda has

had worked with all ages from early childhood to aging.

Trauma and grief recovery can include utilizing Eye Movement Desensitization and Reprocessing (EMDR). EMDR is a therapy that brings desired results in just a few sessions -with very little talking, without the use of drugs- a treatment that is mainly used to treat/cure Post Traumatic Stress Disorder (PTSD) -that array of negative feelings of body and mind that plagues and ruins the lives of many soldiers, rape victims, molested children, catastrophe's survivors and other people who've suffered an important shock, loss or trauma in their lives.

Linda Reinhart, LCSW has over twenty years experience and intensive training in best practices. Linda's compassion along with proven researched methods can help you;

- Cope with stress, regulate emotions, turn challenges into opportunities
- Build relationship skills for your personal life and work
- Recover and heal from trauma,

grief and personal loss Consulting and Speaking:

Linda Reinhart is also a skilled consultant and public speaker on mental health and human resource topics. Linda has comprehensive resources and evidenced based tools for helping individuals, groups and organizations develop positive goals and strategies for growth and resilience. Utilizing executive/management experience and training, Linda can provide coaching for dealing with sensitive human resource and organizational issues.

Rachel Jergenson, Psy.D.
Licensed Psychologist
124 South Main Ste #201
Livingston, MT 59047
(406) 224-0727
Hours: By Appointment, evening hours available
Services or specialty: Consultation, clinical evaluation & treatment provided for a wide range of psychological and relational issues. Experience as a military psychologist. Growth and relationship oriented treatment. Member New Life Network.

I am a licensed psychologist with a doctorate in clinical psychology. I served in the military on active duty prior to beginning my private practice in Montana. Being a psychologist is not only my job, but also my calling as I highly value the opportunity to meet with people who are willing to be authentic, honest & seek growth and change.

Journeys Counseling
Lynette Rodi, LCPC, LAC
201 West Park Street, Suite 216
Livingston, MT 59047
(406) 223-6459
Email:
lynette@journeys-counseling.com
Please note: This email account is not
confidential.
Hours: Available by phone Monday
through Friday, 9am-5pm. In the office
on Mondays and Wednesdays.
Services or specialty: Substance abuse/
addiction; Depression and Anxiety;
Spiritual/Religious/Existential Issues.

Lisa McNamee, LCPC
119 ½ West Park Street ste. 5
Livingston, MT 59047
406-224-2949
Email: lisa.a.mcnamee@gmail.com
Hours: flexible
Services or specialty: Psychotherapist
working with Adolescents, Individuals, Couples, Families

Hettie Jans Wortelboer LCPC, PLLC Office in Lincoln School Livingston, MT 59047 (406) 223 0206 Email: hettie@wispwest.net Hours: flexible Services or specialty: specializing in working with women with a history of domestic violence; children with a history of abuse and neglect; working with children and families; Parenting: Circle of Security

#### **CHILDREN SERVICES**

#### Yellowstone Boys and Girls Ranch

Brenda Quillen/Area Director 5237 Highway 89 South, Suite 1 Livingston, Montana 59047 (406) 222-6490 Email: bquillen@ybgr.org Hours: 8:00 A.M. to 5:00 P.M. (Monday through Friday)

Services or Specialty:
Therapeutic Foster Care
Recruitment/Training of licensed
foster parents
Children's Case Management
PLL/Six week parenting class

Yellowstone Boys and Girls Ranch Community Services is a licensed and accredited mental health center providing an array of services for youth and families. We have designed programs that create positive changes for children with emotional and behavioral problems in therapeutic foster homes, adoptive and biological homes.

In delivering these services in our local communities we fulfill our commitment to the YBGR motto: "It sure makes a difference when you know somebody cares."

Manaia Youth Programs Laurie Bishop, Executive Director 332 S. Main St. Unit 2 PO Box 193 Livingston, MT 59047 (406) 222-7879 Email: info@manaia.org Hours: Varies Services or specialty: We offer personal development programs for teens and young adults. Programs vary in length from oneday to a one year. All programs are currently offered free of charge and participation is voluntary. Some programs are school based or related, others are offered regardless of school en-

The mission of Manaia Youth Programs is "Empowering individuals, families and communities through transformational personal development."

rollment or status.

Our programs incorporate a variety of interactive activities delivered in a group process where trust and connection is built to support each individual's learning. Our participants come from a variety of backgrounds and the strength of our programs is enhanced by this diversity.

We also work closely with partner agencies and organizations to reach some of the most at-risk youth. Our current program area includes Park, Sweet Grass and Gallatin Counties.

#### **Youth Dynamics**

Contact person: Lindsay Hanson 1609 W. Babcock, Ste. A Bozeman, MT 59715

Phone:

Bozeman: 585-9402 Livingston: 222-6610

Email:

lhanson@youthdynamics.org Website: www.youthdynamics.org

Hours: Our business hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. However, your appointments and meetings can be arranged with you outside of those hours as needed and defined in your child's Treatment Plan.

#### Services or specialty:

Our main area of focus is behavioral health services such as mentoring, family support and education, individual and family counseling, independent living skills, and case management.

We also have substance abuse treatment, therapeutic group homes, and therapeutic foster care in various locations throughout Montana.

We focus on serving young people (0-18) with significant mental health and/or addiction issues. Youth Dynamics focuses on supporting families with treatment, support and opportunities. We help children and teens, many of whom are survivors of abuse and trauma, heal and grow through effective services, top-notch professionals, a warm, youth-centered approach, and a commitment to helping Montana kids

and families. By collaborating with a wide array of other agencies, we work to help many families in need in EASTERN/WESTERN/SOUTH-CENTRAL ETC Montana. You can find more information about our agency at www.youthdynamics.org

#### **Public Schools:**

Park County Schools Psychologists: Doug Fry and Juliana Robinson . . 222-6600

Winans Guidance: Bob Burns..... 222-0192

East Side Guidance Bob Burns, and Lynn Sellegren ............ 222-1773

Sleeping Giant Middle School Lynn Sellegren and Anne Gannon ..... 222-3292

#### STATE LEVEL RESOURCES

#### **Board of Visitors**

www.boardofvisitors.mt.gov
The Board conducts reviews of Montana's public mental health programs and the Montana Developmental
Center and assists individuals receiving services from these programs.

#### Mental Health Ombudsman

Contact: Alicia Pichette 406-444-9669 PO Box 200804 Helena, MT 59620 The office of the Mental Health Ombudsman was created in 1999 by the Montana Legislature. The Ombudsman is appointed by the Governor to represent the interests of Montanans with regard to the need for public mental health services; to advocate for individuals who are being served; and to assist those who are seeking services for themselves or others including individuals who are in transition from public to private services.

When appropriate, the office may also make recommendations regarding the mental health services delivery system to assure that the services continue to be:

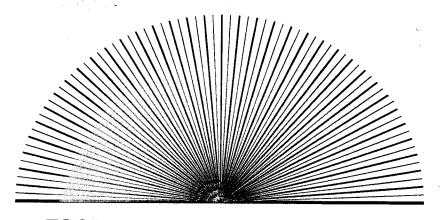
- Consumer focused and supported
- · Community based
- Recovery focused
- Evidence based and appropriate

Montana Al-Anon and Alateen www.mt.al-anon.alateen.org 1-888-4AL-ANON

~~~~~~~

#### **NAMI Montana**

406-443-7871
616 Helena Avenue, Suite 218
Helena, MT 59601
Services or Specialty: NAMI Montana supports, educates, and advocates for Montanans with severe mental illnesses and their families.



## The Joy of Recovery from Mental and/or Addiction Issues

## YOU MAY NOT BE THE CAUSE OF YOUR PROBLEM, BUT YOU ARE DEFINITELY THE SOLUTION!

by Tammy Kevwitch

Park County has a large, helpful, effective recovery community. All of us want everyone to have access to a life filled with purpose, joy and hope. Please access some of the resources in this magazine if you feel you could be happier and your life could be better.

A peer at the Peer Solutions Drop In Center in Livingston recently expressed that it grieves her when people are told that they will never recover from their mental illness. It prompted a very lively discussion. She expressed her personal belief in the possibility of a full recovery. I for one, whole-heartedly agree with her. It may not always be possible in every case to completely recover, but I am confident that many of us can and will recover completely. The group facilitator informed us that the mental health industry as a whole has been transitioning from the belief that mental illness is permanent into a new model of recovery. This model shows that multiple outcomes are possible—including full recovery. That seems like a healthy transition for the

mental health field to embrace.

Although there are many perceptions and definitions of recovery, William Anthony, Director of the Boston Center for Psychiatric Rehabilitation seems to have developed the cornerstone definition of mental health recovery. Anthony defines recovery as "a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by

~ continued ~